

**Trajetos de vida longa – um estudo sobre estratégias face aos constrangimentos do
processo de envelhecimento**

Long life trajectories – a study about strategies related to constraints of the aging process

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ABSTRACT

Population aging is one of the most important changes of the 21st century. The rapid aging of the population, coupled with the increase in longevity and life expectancy, has profound consequences on the structuring of networks of care for people. The Life-Span theory considers that life trajectories imply individual responsibility and that they are influenced by biopsychosocial factors, throughout the life cycle.

The objective of the study was to analyse how individuals (65+ years) manage the opportunities and resources they have, individually and collectively. How they overcome the constraints during their aging, taking into account satisfaction with life, in context of increasing human longevity.

From a methodological point of view, this essay focused on 3 studies: i) documentary research, identifying existing resources and services; ii) interview with 4 qualified people, characterizing the specific community context; iii) a survey to a population (65+ years), with a convenience sample (n = 33), related to individual characteristics (sociodemographic, behavioural factors, physical environment, social environment, resources and services), perceived needs and satisfaction with life.

In summary, it was noticed that most subjects were independent, but the majority did not perform physical activity. Regarding gender, women were the least satisfied with life and who rated their health most negatively. The activities carried out were more directed to agriculture, to the recreational and to the volunteer scope. In general, subjects were very satisfied in terms of residence and sociability, although not all subjects had adequate housing for the changes that may arise from the aging process.

As a result of this study, actions promoting the well-being of the population were taken out at the local level, with a view to the needs and use of existing services and resources.

Keywords: aging, life cycle, well-being, opportunities, needs, constraints.